



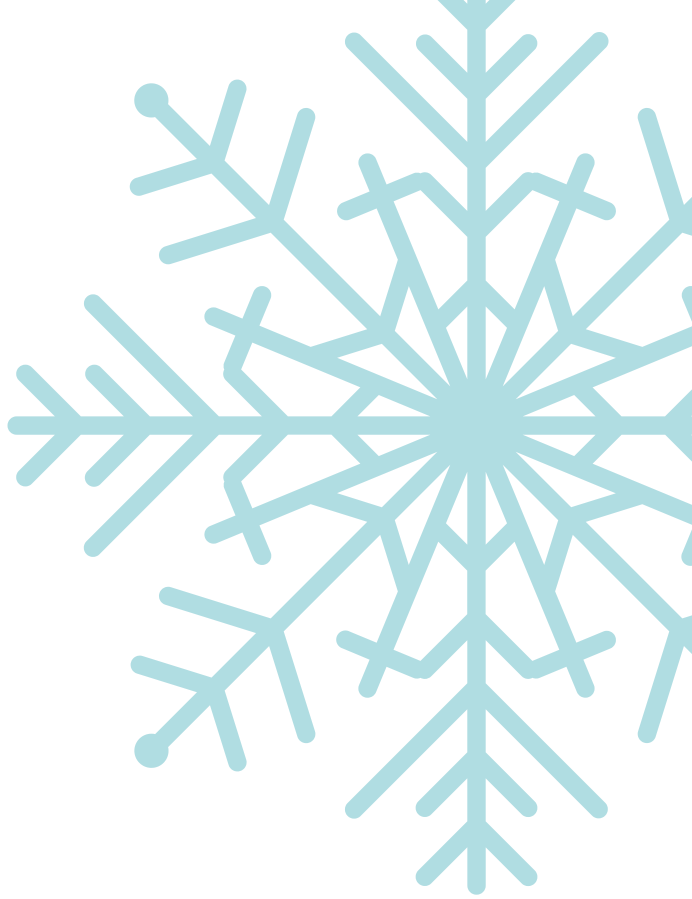
MY MINI

Mental Helper

Reset your life in 2023



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DISCLAIMER

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2. Not medical or Mental Health Advice.

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MESSAGE TO THE MENTAL HEALTH WARRIOR

Join our ever-growing community of mental health warriors. We take responsibility for our mental health by focusing on actively applying attention each day to our mental health. Mental Health is health. Thus we must practise those activities which help us feel better and to hunt for more that work for us. So make looking after your mental health your priority, track your progress and be the best you can be.





ABOUT ALL THE POWER LTD

Welcome to my passion. As an avid skydiver, yoga enthusiast, tunnel flyer, budding surfer and entrepreneur, I have always strived to achieve the best version of myself. Therefore, I have made it my mission to assist individuals and teams in attaining personal greatness through techniques such as the Wim Hof Method, breathwork programme, advancing our human communications and soft skills and Neuro-linguistic Programming.

REVIEWS

Facebook Reviews **(17)** Google Reviews **(15)**
Wim Hof Method Official website **(16)**



Daniella Hall
1 August, 2022

Absolutely loved the course. What a lovely, supportive guy Roy is. I think this course will be a game changer for my health. I have been looking for something to help change my mental health and my life and this is it! Thank you Roy, loved it!



Paula Bancroft
15 June, 2022

Roy's passion and enthusiasm is infectious and inspiring. I left the session feeling empowered and ready to practice what I had learnt. The group session was also great for meeting like minded people ready to make changes to their wellbeing. I would 100% recommend attending a workshop with Roy
Thank you



Sharon Juniper
29 August, 2022

I so enjoyed this course with Roy it's my fifth Wim hof fundamental course as I love them and it was very different in a good way pushing ourselves with intentions and showing us we can do this, we took away more knowledge that I was on aware of as my daughter attended with me and we got so much out of it he's so helped us push through our fears as we were struggling to come out of our comfort zone and he encouraged us and motivated us so well we both came away feeling extremely happy and like we had the best therapy



INTRODUCTION

How much better would your day be if you could feel 10% better each day?

We know we need to watch our diets, and we do this, sometimes well and sometimes not so well. We know we should exercise and get fit, as we spend so much energy trying to get healthy as a nation. We should also pay the same respect to our mental health and spend time working on this. It need not be much, 20 minutes a day or even less.

My Mini Mental Helper is a tool for tracking and paying respect to your mental health. You monitor your mental health three times a day (a couple of minutes) and journal how you feel. Then you act based on how you feel.

You will have to build a list of activities which will assist in making you feel better. For example, going for a walk, meditating, or, if you are like me, you might need an ice bath or cold swim.

MY MINI-MENTAL HELPER PROCESS

1. Commit to your mental health process
2. Build out your mind-boosting activities list
3. Start each day by checking in with your mental health
4. Practise your chosen activities daily (We recommend breathwork and cold showers, to begin with.)
5. Journal your findings and repeat

HOW DO I FEEL?

We often find ourselves struggling with our mood, feeling anxious or just down in the dumps without even realising how we got there in the first place. So along with coping with these powerful emotions, we need to figure out how we can get back up when we find ourselves in these difficult times.

Awareness of our current emotional state is an excellent place to start, but being aware of how we feel takes practice, yes, practice!

My Mini Mental Helper provides a set of tools aimed to assist you in discovering what activities work best for you through trial and error, allowing you to have a safe space to journal your experiences.

SELF CHECK PROCESS


Every day you will set an alarm at three different times (this includes first thing in the morning, sometime during the day, and just before bed), where you will take 3 minutes to assess how you are consciously feeling and journal your findings in this booklet

1. Sit in a comfortable position
2. Take one breath in and out of your nose
3. Do a full body scan with your mind and make a note of anything that feels good, bad or ugly
4. Do a scan of your mind and see if anything niggles and make a note
5. On a general scale of how you feel, 1-10 (10 being fabulous!) and note how you feel



MY MINI MENTAL HELPER TOOLS

Here is my list of mental health helper tools. If I am feeling around a one on the mood indicator scale, I make time in the next 12 hours or sooner to do an ice bath or five rounds of Wim Hof Method Breathing.

Safety Notice: Whenever you see this,  please remember that this activity is suggested to be practised with a professional or trusted companion.

10

ICE BATH - 3 MINS



9

**WIM HOF METHOD BREATHING
5 ROUNDS - 25-30 MINS**



8

COLD SHOWER - 5 MINS

7

**MINDFUL WALKING MEDITATION
(BAREFOOT BEST) - 10 MINS**

6

MEDITATION - 5-15 MINS

5

HORSE STANCE - 5-10 MINS

4

**WALKING BAREFOOT
OUTSIDE - 10 MINS**

3

MINDFULNESS - 10-30 MINS

2

MONKEY FACE - 60 SECS

1

BOX BREATHING - 2-5 MINS

I'd like you to please use the activities guide in front of your helper for instructions on how to practise my mood-boosting techniques. You will want to add them to your list.



MOOD INDICATOR

Score 1 = I need to take a self care day

Score 2 = I am really struggling today

Score 3 = Today is tougher than normal

Score 4 = Today is a good day

Score 5 = Today is a great day

Now that you know how you feel today, you can practice one or more of the mood-boosting tools listed on your mental helper tools page.

HOW TO BUILD YOUR LIST

Starting with the number 10 down to 1, list activities that help improve your mood when you are struggling emotionally or physically; 10 is the most effective method. **For inspiration, I have listed my top 10 tools on the following page for when I'm not feeling my best next; I recommend you try some of the methods I use in my Wim Hof Method Workshops. They do work wonders.**





ACTIVITIES GUIDE

Safety notice: The Wim Hof Method is not recommended during pregnancy or for participants with high blood pressure. Cold exposure should be avoided if you have a cold or flu. Please consult your doctor if you have any doubts about your fitness or suitability to take part.

ICE BATH

Benefits - Decrease in inflammation and better sleep

Respecting the ice and your body's response to it should always be your main focus when practising cold exposure/ice baths, as your instincts will tell your body initially that it is in a dangerous environment.

Pro tip: Practising breathwork before an ice bath helps your body prepare for the cold. (**Never practise the breathwork while submerged.**) You can also consider press-ups, planks or even the horse stance motion to warm the body up beforehand.

Entering the cold:

- Set your intentions & expected time, (I aim for 3 minutes in the ice bath to shock my body.)
- Focus on your breath before entering the bath, (take ten full breaths from your belly to your chest & release.)
- On the 10th breath, step into the ice and try to ease into it without hesitation. **Note:** Your body will activate your fight or flight sensation, most likely gasping as a reaction, which is entirely normal.
- Concentrate on your breath (starting hard & fast, eventually slowing it down to longer breaths.)
- After 30-45 seconds, the most challenging part will be over, and you will push through any leftover mental blocks.
- Soon your body would have pumped out the adrenaline, releasing dopamine (the happy chemicals) into your system.
- Most of the benefits are gained in the first 2-3 minutes. So don't push the limits; set your intention and stick to the plan!



WIM HOF METHOD BREATHING 5 ROUNDS

Benefits - Lowers blood press and stress levels

- Each round will include 30-40 breaths
- Breath all the way in and not all the way out each time
- After the 30/40th breath, hold your breath for 60-second; breath hold on the exhale
- After your hold, take a deep breath in hold and squeeze (belly or chest)
- Repeat this for 4 more rounds increasing the breath hold each time.

The aim is 5 minutes of cold with no initial warm.

- To start cold showers, be patient.
- Start with your regular shower, and at the end, start gradually decreasing the temperature.
- Concentrate on your breathing. First, do each arm, then each leg and your shoulders.
- Each day decrease the temperature and increase the time.

COLD SHOWER

Benefits - Improves circulation and relieves pain



MINDFUL WALKING MEDITATION

Benefits - Reduces anxiety and improves digestion

Ten minutes is ideal to start with when practising this activity. After that, the goal is to focus on controlling those invading thoughts, noticing them, and then letting them go.

- Set yourself standing up and looking forward with your eyes open.
- Say these words in your mind as you concentrate on your breathing; shift weight, heel up, toes up, move the foot forward, down, heel down, and **repeat**.

Pro tip: This is a slow and measured move for every single movement. Focus on feeling the ground on your toes, and consciously spread and ground your toes as you walk. Notice the balls of your feet when they touch down.

- Once you reach the end of the line, turn your foot up 90°, left or right, twice and begin the activity again.
- Remember, this is a slow and conscious activity.



MEDITATION

Benefits - Helps manage stress and increase creativity

- Breathe through your nose for 5 seconds and 5 seconds out, three times.
- Take a breath, mentally check in and be mindful of the bottom of your right foot, your toes, moving to the top of your foot and ankle, and then your entire foot.
- Mindfully move up to your right calf, shin, knee and behind your knee, finishing with the whole bottom half of your right leg.
- Follow this mental pattern through the entire body. Each time focus on breathing out as you finish a section of your body

MONKEY FACE

Benefits - Boosts energy and alertness

- Extend your arms ahead of you
- Breathe in rapidly while pulling your arms back towards your ears
- Once you can't breathe in, squeeze your upper body and tighten your face.
- Release and extend your arms again
- Repeat this three times.



MINDFUL WALKING BAREFOOT OUTSIDE

Benefits - Increases antioxidants and improves sleep

- Maintain good posture while you walk
- Put your heel down on the ground first when you take a step
- Roll your foot down onto the floor from heel to toe
- Lift your foot back off the ground after all of your toes have landed

Pro tip: Start with a few minutes of barefoot walking a day to reduce injury risk.

There's a growing body of scientific evidence that grounding works to ionise the blood positively. Standing barefoot on the earth or grass for 20 minutes daily corrects the charges in your red blood cells and allows blood to flow more efficiently.

"All of us should be happy every day. We should be in control of our mood and our beautiful mind." - **Wim Hof**



MINDFULNESS

Benefits - Boosts self-control and emotional intelligence

Mindfulness involves paying attention to what is going on inside and outside ourselves, moment by moment.

- Notice the every day and the sensations that come with it
- Pick a regular time to practise
- Trying new things, such as sitting in a different seat
- To develop an awareness of thoughts and feelings, some people find it helpful to name them silently: "Here's the thought that I might fail that exam" or: "This is anxiety".

BOX BREATHING

Benefits - Improves overall mood and helps cope with anxiety

Box breathing can effectively activate the parasympathetic nervous system and create a much calmer state of mind. In its basic form, this is a straightforward and very effective way to calm down.

- Exhale to a count of four
- Hold your lungs empty for a four-count
- Inhale at the same pace
- Hold the air in your lungs for a count of four before exhaling and beginning the pattern anew



HORSE STANCE

Benefits - Helps increase internal body temperature

- To get into a horse stance, stand up straight, then spread your feet apart, about one and a half times the width of your shoulders.
- Make sure that your feet are facing forward, your spine is straight, and your posture is upright and aligned.
- Now bend your knees into a squat, lowering your upper body as if you were on horseback.
- Keep your knees in line with your toes. Place your hands on your hips. And hold.

Pro tip: Doing deep breathing will help. I also like to add arm movements and sounds – pushing my right hand away from my body to the left side, then switching to pushing out with my left hand to the right side, making “Hoo-Hah” sounds as I breathe. We often use this exercise to stay warm after being in cold water.

"Unless you are willing to experience new things, you'll never realise your full potential." - **Wim Hof**

TOOLS LIBRARY

We reached out to our Online community to ask what they enjoy doing when they are not feeling their best; take a look at some of their methods & add yours in the empty spaces provided. **The activities below have been devised into three groups according to their duration and level of effectiveness.**

Quick & Effective



Efficient & Powerful



Planned & Mind-Altering



YOUR MINI MENTAL HELPER TOOLS

Take the time to construct your mini mental helper list using the provided suggested tools. Remember that this list can be ever-expanding and may change as you work through different activities, exploring their effectiveness in your life. Slot in the ten tools you believe work for you currently, starting from the most effective.

10

9

8

7

6

5

4

3

2

1



MY DAILY MENTAL CHECK-IN



Month of: _____ Week: _____

Mood-boosting activities

Monday

Notes

Self check-in - /10		
Activity 1 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 2 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 3 -		
Mood reflection after activity - /10		

Mood-boosting activities

Tuesday

Notes

Self check-in - /10		
Activity 1 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 2 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 3 -		
Mood reflection after activity - /10		

MY DAILY MENTAL CHECK-IN



Month of: _____ Week: _____

Mood-boosting activities

Wednesday

Notes

Self check-in - /10		
Activity 1 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 2 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 3 -		
Mood reflection after activity - /10		

Mood-boosting activities

Thursday

Notes

Self check-in - /10		
Activity 1 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 2 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 3 -		
Mood reflection after activity - /10		

MY DAILY MENTAL CHECK-IN



Month of: _____ Week: _____

Mood-boosting activities

Friday

Notes

Self check-in - /10		
Activity 1 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 2 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 3 -		
Mood reflection after activity - /10		

Mood-boosting activities

Sunday

Notes

Self check-in - /10		
Activity 1 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 2 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 3 -		
Mood reflection after activity - /10		

MY DAILY MENTAL CHECK-IN



Month of: _____ Week: _____

Mood-boosting activities

Sunday

Notes

Self check-in - /10		
Activity 1 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 2 -		
Mood reflection after activity - /10		
Self check-in - /10		
Activity 3 -		
Mood reflection after activity - /10		

What was your biggest challenge this week?

What was your biggest lesson this week?
